

SCORING TOOLS

Mood Disorder Questionnaire (MDQ)

The Mood disorder questionnaire is another screening tool that will help your clinician make appropriate decisions for you. It is a starting point, not a substitute for a full medical evaluation.

Have you been bothered by unpleasant thoughts or images that repeatedly enter your mind such as:

you felt so good or hyper that other people thought you were not your normal self or you were so hyper that you got into trouble? Yes No

you were so irritable that you shouted at people or started fights or arguments? Yes No

you felt much more self-confident than usual? Yes No

you got much less sleep than usual and found you didn't really miss it? Yes No

you were much more talkative or spoke faster than usual? Yes No

thoughts raced through your head or you couldn't slow your mind down? Yes No

you were so easily distracted by things around you that you had trouble concentrating or staying on track? Yes No

you had much more energy than usual? Yes No

you were much more social or outgoing than usual, for example, you telephoned friends in the middle of the night? Yes No

you were much more interested in sex than usual? Yes No

you did things that were unusual for you or that other people might have thought were excessive, foolish, or risky? Yes No

spending money got you or your family in trouble? Yes No

Total number of "Yes" responses above: _____

A score ≥ 7 is a positive screen.

Additional answers of **YES** to any of the following questions may contribute further to the diagnosis of bipolar disorder.

2. If you checked YES to more than one of the questions above, have several of these ever happened during the same period of time? Yes No

3. How much of a problem did any of these cause you - like being able to work; having family, money or legal troubles; getting into arguments or fights?

No problem Minor problem Moderate problem Serious problem

4. Have any of your blood relatives (ie, children, siblings, parents, grandparents, aunts, uncles) had manic-depressive illness or bipolar disorder? Yes No

5. Has a health professional ever told you that you have manic-depressive illness or bipolar disorder? Yes No

MDQ: HIRSCHFELD. R., ET AL. DEVELOPMENT AND VALIDATION OF A SCREENING INSTRUMENT FOR BIPOLAR SPECTRUM DISORDER: THE MOOD DISORDER QUESTIONNAIRE. AM J PSYCHIATRY 2000; 157: 1873-1875